

# spotlight | ON HEALTH+

## Care at home is a blessing

By Andra Van Kempen-Middlestaedt

"We have always been very close," said Barb Anderson of her 91-year-old mother, Jeanette Anderson. "She is my best friend."

So, it was only natural that Barb cared for Jeanette following a serious illness in 2004.

**The health and well-being of caregivers often takes a back seat, leaving them emotionally and physically drained.**

### To avoid stress and burnout:

- Talk about your feelings;
- Create realistic goals;
- Be realistic about your loved one's disease;
- Realize some things are uncontrollable;
- Take advantage of respite services; or
- Get educated on resources available.

### Signs of stress and burnout include:

- Withdrawal from friends;
- General irritability;
- Feeling hopeless, helpless;
- Changes in eating habits; or
- Difficulty sleeping.

Barb, who lives in St. Cloud, also had provided support and transportation for her father, Harold Anderson, before his death in 2001.

"Considering her many health conditions, Mom is a living miracle," Barb said. She credits the excellent care given by St. Cloud Hospital Home Care and the family's long-time relationship with Jeanette's doctor, Nicholas Reuter, MD, CentraCare Clinic, who even has been known to make house calls.

"I feel blessed to have the support of Home Care services, which always is available as a resource. They have become friends who really care about my mom," Barb said.

Jeanette is grateful to be able to stay in the comfort of her own home and



Gail Suzick, RN, St. Cloud Hospital Home Care, checks Jeanette Anderson's heart while Barb Anderson looks on.

she looks forward to a nightly glass of wine and watching "Wheel of Fortune," bull riding or "Dancing with the Stars."

"It's wonderful to have Mom at home. The best part is that she is not in any pain," Barb said.

To learn more about St. Cloud Hospital Home Care services, call (320) 259-9375 or visit [www.centracare.com](http://www.centracare.com).

# Accident survivor credits St. Cloud Hospital

By Jeanine Nistler

Trace Roller should have died on Aug. 7, 2005.

But thanks to God's grace, his wife's support, a state trooper, a helicopter and a Top 100 hospital, Roller is doing the things he loves: coaching his sons' hockey teams, managing a Coborn's long-term care pharmacy and helping other people every chance he gets.

Roller, now 41, was driving home to Sartell from Foley on that sunny Sunday afternoon. Witnesses say his pickup left Highway 23 doing about 60. He drove a few hundred feet through a grassy field, without losing speed, before hitting concrete

barriers. The impact was so loud that a highway patrol officer heard the noise a quarter of a mile away.

The officer responded within seconds, calling the Foley Fire Department and St. Cloud Hospital. Firefighters cut Roller out of the truck; a LifeLink III crew flew him to the hospital.

Doctors suspect that Roller may have suffered a seizure before he started the drive home because he doesn't remember a thing about the crash. But he sure remembers the details of his hospital stay.

"I was in the hospital for approximately three months. I missed six months of work. I broke 10 major bones and had my left leg amputated below the knee. I still have plates and screws in both arms and six screws in my right ankle," Roller said. His right hip was shattered into six pieces. Bones protruded through the skin of his right arm, as well as his right and left ankle.

"I am so thankful that I was receiving care at one of the Top 100 hospitals in the country," Roller said. "I am so grateful that in a community of our size, we have a hospital that is repeatedly recognized nationally."

Roller is grateful to have been cared for close to home, so he could see his loved ones every day. He is thankful for the support of his wife, Joyce, countless people in the community — and to God.

Roller attributes his recovery to more than surgeries, prosthetic devices and medications. "Everyone from the physicians to housekeeping was caring, smiling, skilled and helped me in the process of my healing," he said of the St. Cloud Hospital staff. "The faith-based, spiritual aspect of the care provided also was very important to my healing."



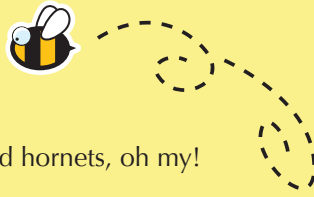
Trace Roller and wife, Joyce, with their sons (from left) Jordan, 12, and Kellen, 14.



St. Cloud Hospital this spring earned 100 Top Hospitals status for the fifth consecutive year and the eighth time since the award program began in the early '90s. The program recognizes hospitals for outstanding clinical performance, patient satisfaction and financial management. St. Cloud Hospital also is one of just nine hospitals in the United States to win the Everest Award for performance improvement in each of the two years that Thomson Reuters has given that award.



## The buzz on stings



By Sophie Morelli

Honey bees, wasps, yellow jackets and hornets, oh my!

These stinging insects buzz around during the summer and can live in places you would not expect, so it is important to be aware of your outside surroundings to avoid getting stung. Yellow jackets nest in the ground and in walls. Honey bees, wasps and hornets have hives on buildings, trees and in bushes. Wearing shoes will protect your feet from a painful reminder that they also like to dwell in the grass.

The pain of a sting varies with the type of insect. A sting from a honey bee is thought to be more painful, but wasps can sting numerous times, while honey bees lose their stingers after one sting.

If a stinger is still in the skin, do not pull it out. Instead, scrape it off to reduce the risk of releasing more venom.

After a bee sting, the skin typically becomes red or slightly swollen and irritated. If you experience severe reactions from a sting, visit the emergency room immediately. Severe reactions may include hives and swelling in areas other than the sting site, chest tightness, difficulty breathing, hoarse voice or swelling of the tongue.

For information about sting allergies, contact the allergy specialists at CentraCare Clinic at (320) 654-3650 or visit [www.centracare.com](http://www.centracare.com).



### How to treat bee stings:

- Disinfect the area with mild soap and water;
- Apply ice for 20 minutes to reduce swelling;
- Rub toothpaste, a lemon slice or rubbing alcohol at the site to reduce the pain; and
- Use antihistamines and corticosteroids for excessive swelling.

## National shortage of primary care physicians felt locally

By Allen Horn, MD, MBA, FACPE, President, CentraCare Clinic

Despite evidence that nations with strong primary care systems (Family and Internal Medicine, Geriatrics and Pediatrics) have better-quality health with lower cost, our nation's system of primary care is horribly broken. Because of longer hours, lower pay, less prestige and more administrative hassles, there is a growing shortage of primary care physicians across the United States. This lack of primary care physicians has become an increasing problem in Central Minnesota, particularly in Family and Internal Medicine. The number of U.S.-trained Family Medicine students has decreased more than 50 percent in the past five years. In Internal Medicine, less than 2 percent of medical students are going into office-based Internal Medicine.

### What does this mean to you?

The Family and Internal Medicine physician shortage has severely restricted access to primary care

at CentraCare Clinic and resulted in long appointment delays for new patients, as well as access challenges for established patients. Currently a new-patient appointment with an Internal Medicine physician may require a wait of a year or longer. Patients already established with a physician will continue to be seen by one of our providers as needed. However, individuals needing to establish care with a new primary care physician will experience delays and should call one of our primary care clinics as soon as possible.

Addressing this provider shortage will require major national system reform and will need to be a critical element of any successful health care reform. Until reform impacts the supply of primary care physicians, we need our physicians, staff and patients to work together to bring about innovative ways to lessen the effects of the shortage

### To address this impending crisis, we:

- Expanded the University of Minnesota/St. Cloud Hospital Family Medicine Residency program from 12 to 15 residents.
- Will continue to aggressively recruit primary care physicians.
- Hire temporary contract physicians whenever possible.
- Will develop new models of care to improve efficiency and increase capacity.
- Have expanded the use of physician assistants and nurse practitioners to provide patient care.

and meet the community's health care needs.

CentraCare Health System remains committed to providing excellent service and the highest quality of care to those we serve.



# The ultimate gift, the gift of life

By Chris Nelson

Jan. 28, 2006, was probably the most important day in Mike Schmitt's life — so significant that he had it tattooed on his arm. At 2:15 p.m., Schmitt got a phone call that he was a match for a pair of lungs from

LifeSource, a non-profit organization dedicated to saving and changing lives through organ and tissue donation in the Upper Midwest.

Schmitt, 37, a St. Cloud real estate agent who lives in Clearwater, was born with cystic fibrosis. As a child, he was able to do what most kids did but as he grew older his breathing began to deteriorate. In 2003, he was told he probably would need a bilateral lung transplant. By fall of 2005, he was at the top of the organ donation recipient list because his condition was so serious.



Mike Schmitt and his wife, Shawna, on vacation in Mexico, February 2010.

That year had started out pretty well for Schmitt. In August he married Shawna, and got his first hole in one on the golf course, but by the end of the year his health was failing fast. "I knew I needed lungs and I needed them soon or it would be too late," he said. "I was on oxygen 24 hours a day and knew I was pretty close to the end."

He'll never forget the day he got the call that saved his life.

"I remember every detail about that day," he said. "My wife and I had company and were just finishing up the dishes when I got the call telling me they had a pair of lungs from an organ donor. I had two hours to get to the University of Minnesota for my transplant.

"I immediately called my parents — we had agreed ahead of time that they would be the ones we would call. They were just heading into a movie, but dropped everything. In less than a half hour, we were in the car heading for the Cities."

Schmitt's transplant was successful. After his nine-hour surgery, he spent two months in the hospital.

Today, he lives an active life and enjoys golfing, water skiing, traveling and spending time with family and friends. He knows the importance of organ donation. "I'm on the other side of the fence," he said. "I know firsthand how important organ donation is. I was one of the lucky ones."

In 2009, Schmitt was diagnosed with squamous cell carcinoma, a form of skin cancer, and is currently being treated with radiation therapy. He hopes to make a complete recovery.



Mike Schmitt had the date of his lung transplant tattooed on his arm.



## Be a life saver

One person can save or enhance up to 60 lives through organ, tissue and eye donation.

There are more than 106,000 people waiting for an organ transplant in the United States, and an average of 18 people die each day on the waiting list.

Please take the steps to donate life and sight — check the donor box when renewing your driver's license and share your wishes with your loved ones.

To learn more about organ, tissue and eye donation or how you can register to be a donor, visit [www.donatelifemn.org](http://www.donatelifemn.org) or [www.agiftofsight.org](http://www.agiftofsight.org).



## Join the 2010 Memory Walk

Every 70 seconds, someone develops Alzheimer's in the United States. To help end this disease, join the 2010 St. Cloud Memory Walk on Saturday, Oct. 2, at Whitney

Senior Center,  
1527



Northway

Drive. Registration begins at 9 a.m. and the walk at 10 a.m. Since 1989, Memory Walk has raised more than \$300 million nationally for Alzheimer's care, support and research. To sign up, call (320) 257-0699 or visit [www.alz.org/mnnd](http://www.alz.org/mnnd). Sponsored in part by St. Benedict's Senior Community.

## Take your brain health to heart

To keep your body fit and to reduce your risk factors of developing dementia:

- **Eat right.** A study of 1,500 adults found that those who were obese in middle age were twice as likely to develop dementia later in life. Those who also had high cholesterol and high blood pressure had six times the risk of dementia. Reduce your fat and salt intake.



- **Get moving.** Walking or doing other moderate exercise for 30 minutes each day gets the heart pumping.



- **Put it out.** Smoking interferes with blood flow and oxygen to the brain. It's a major risk factor for heart disease and stroke.



## More than a 'senior moment': Alzheimer's is a fatal disease

By Cheri Tollefson Lehse

Imagine that everyone in Minnesota has Alzheimer's disease. That's more than 5 million people . . . and that is how many Americans suffer from Alzheimer's today. The number is expected to grow to 16 million Americans by 2050.

Alzheimer's destroys brain cells, causing memory loss and problems with thinking and behavior severe enough to affect work, lifelong hobbies and social life. It is the most common form of dementia, and accounts for 50 to 80 percent of dementia cases. There is no cure for Alzheimer's, but treatments for symptoms, combined with services and support, can make life better for people living with Alzheimer's.

Deaths from Alzheimer's disease have risen by 47 percent in the past decade. It is the seventh-leading cause of death in the United States, following heart disease, cancer, stroke, chronic lower respiratory diseases, accidents and diabetes.

If you are concerned that a loved one may be developing dementia, contact a health professional, who can evaluate symptoms of memory loss or confusion.

CentraCare Health System offers services for people with Alzheimer's disease in Long Prairie, Melrose, Monticello and St. Cloud. Visit [www.centracare.com](http://www.centracare.com) and click on "**For Seniors**" for details.

## 7 ways to keep your mind sharp

- **Volunteer:** Be a tour guide at a library, museum or hospital. New neural pathways are formed in your brain when you learn new facts and think on your feet.
- **Listen up:** TV can dull brain transmissions, so enjoy your favorite music or talk radio instead.
- **Hit the books:** Research shows that taking classes reduces your dementia risks. Book readings, seminars and music lessons are other great options.
- **Sprechen sie Deutsch?** Learning a new language boosts the verbal, language and memory parts of the brain.
- **Current events:** Read a newspaper and talk about news with friends and family. This type of socializing can activate multiple parts of your brain and encourage cell growth.
- **Play games:** Board games and puzzles stimulate strategic, spatial and memory parts of the brain.
- **Chit chat:** Talking not only gets you out of your rut, but socializing also can reduce potentially memory-sapping depression.



# Donors unite, making new Women & Children's Center a reality

By Chris Nelson

Generous gifts from the community and CentraCare Health System employees make all the difference to the construction project at St. Cloud Hospital.

Bob and Linda Feuling, owners of Westside Liquor stores, got the ball rolling in March 2009 by contributing \$1 million to the CentraCare Health Foundation to update and expand the Women & Children's Center. Two local business leaders have since joined the Feulings with significant gifts — John McDowall, president/CEO of McDowall Company, and his wife, Cherie, and Jim Christensen, CEO of J.C. Christensen and Associates, a business unit of Array Services Group.

These business owners recognize the importance of providing the best care and most advanced technology to the people in Central Minnesota.

"We know that our children and grandchildren as well as our employees will need the services at St. Cloud Hospital," Linda Feuling said. "We want the best services available right here in St. Cloud."

John McDowall and Jim Christensen agree.

"It's amazing how St. Cloud Hospital has grown into this regional health care facility that is second to none," said McDowall, a St. Cloud native. "Since the 1850s when the Benedictine nuns first arrived in St. Cloud, there has been a profound devotion and unwavering faith to provide top-notch health care in Central Minnesota. I am proud to be a part of that heritage by helping to make St. Cloud Hospital a leading hospital in the state and in the nation."

"We depend on our employees and want them to be healthy and stay in the St. Cloud area," Christensen said. "Offering top-quality health care here gives them an incentive to stay."



## The St. Cloud Hospital Women & Children's Center addition will:

- Double its size and increase capacity by adding an additional 50,000 square feet;
- Provide larger private patient rooms with private baths in the Family Birthing Center;
- Provide single family rooms in the Neonatal Intensive Care Unit (NICU);
- Provide a Respite Room for parents of NICU patients, giving parents the opportunity to stay with their babies, and to network and support each other.

The addition and renovation will be complete in 2013.

In 2009, the St. Cloud Hospital Women & Children's Center provided pediatric care for 1,986 children. There were 2,833 babies born in the Family Birthing Center, including

Shown above (from left) Cherie and John McDowall, Jim Christensen, and Linda and Bob Feuling.



48 sets of twins and two sets of triplets. The NICU provided care for 340 infants.

If you are interested in making a gift to CentraCare Health Foundation, please call (320) 240-2810, e-mail [foundation@centracare.com](mailto:foundation@centracare.com) or visit [www.centracare.com](http://www.centracare.com).

## Age and mammograms

By Mary Ellen Columbus

Although the U.S. Preventive Services Task Force raised by 10 years the recommended age at which women should begin annual breast-cancer screenings, the American Cancer Society, American College of Radiology and American College of Surgeons stand by their guideline of age 40.

St. Cloud Hospital's Breast Center supports the age 40 guideline and encourages women to take an active part in their own breast health. If you have questions about mammograms or breast health, contact the Breast Center at (320) 229-4919.

The Minnesota Department of Health's Sage Screening Program offers free breast and cervical cancer screening to women age 40 and older. Find out if you are eligible by calling 1-888-6-HEALTH or (888) 643-2584.

## St. Cloud Hospital volunteer receives state award

St. Cloud Hospital volunteer, J.P. Martin — "the dog guy," has been named Health Care Heroes Volunteer of the Year by *Twin Cities Business magazine* and *Medica*.

Martin, an Animal-Assisted Therapy (AAT) evaluator from Rice, was active in starting the AAT program at St. Cloud Hospital in 1996. AAT dogs and handlers are St. Cloud Hospital volunteers who have completed extensive training. These dogs provide more than just companionship — they are used to provide a specific healing outcome for patients. AAT animals help with pain management, decrease anxiety, lower blood pressure, assist coma patients and help patients with physical therapy.

Martin has volunteered more than 7,000 hours, visiting more than 60,000 patients and staff since the program began.



## America the Beautiful

Does America have an unhealthy obsession with beauty?

In almost 40,000 media messages a year, youthful Americans are told that, unless they look like supermodels and rock stars, they are not good enough for anyone to love. This is a message that too many people are buying.

In 2004 alone, Americans spent \$12.4 billion on cosmetic surgery.

Watch as filmmaker Darryl Roberts shares the results of his two-year journey to examine America's obsession with physical perfection in his documentary, "America the Beautiful." Roberts dives deep into the culture of fear, consumption and idolatry for all things external; he seeks answers from celebrities, media and academia, as well as everyday Americans.

Attend a special viewing of the critically acclaimed film, including a special appearance by Roberts, Sept. 20 at the Paramount Theatre. The first 200 attendees will receive a gift bag. Sign up for door prizes.

- 6 p.m. Doors open
- 6:30 p.m. Movie
- 8:15 p.m. Presentation by the filmmaker

Presented by St. Cloud Hospital Behavioral Health Clinic Eating Disorders Program, St. Cloud Hospital Women & Children's Center and CentraCare Health Foundation. Free. For more information, call (320) 229-5139.

## Introducing My Healthy News

Sign up today for My Healthy News, a free, monthly e-newsletter from CentraCare Health System at [www.centracare.com/newsletter](http://www.centracare.com/newsletter).

You choose the topics and services that matter to you. Then we send up-to-date information from national health resources that's personalized to your needs and interests.

Sign up by **July 30** to receive a free digital thermometer!





Visit us on the Web at  
[www.centracare.com](http://www.centracare.com).

## Summer 2010 — spotlight on events

For location and event details, visit [www.centracare.com](http://www.centracare.com).

### **CLIMB program at cancer center**

Coborn Cancer Center in St. Cloud offers the CLIMB program for children ages 6-11 who have a parent or primary caregiver with cancer. The free six-week program, starting July 15, offers 90-minute group sessions, led by specially trained facilitators, in which children talk and complete activities. For details, please call LaNae at (320) 229-5199, ext. 70128.

### **Car seat checkup**

Install your car seat and then have our certified technicians check the safety and fit of the seat in your car. The next Car Seat Checkup events are from 3-6 p.m. July 21, Aug. 18, Sept. 15, Oct. 20 and Nov. 17 at Gold Cross Ambulance. Free. Call St. Cloud Hospital Women & Children's Center at (320) 229-5139 for an appointment.

### **New Baby Day Camp**

Gather around a "campfire" to prepare children for the arrival of a new baby. The next "camping trips" are from 9-10:30 a.m. July 24, Aug. 14 and Sept. 25 at St. Cloud Hospital. Free. Call (320) 229-5139 for details.

### **Managing food allergies in school**

Learn about processes to keep your child safe from 6:30-8 p.m. July 26 at CentraCare Health Plaza. Take home a lunch bag packed with a variety of allergy-free foods and resources from school nurse Myra Schrup, RN. Free. For details, call (320) 229-5139.

### **Adventures in aging**

Join Ron Schara and Raven, from Minnesota Bound on KARE 11 TV, at the 2010 Expo for Seniors Aug. 21 at Whitney Senior Center in St. Cloud. Following his 10 a.m. presentation, Ron will sign autographs. This free event provides seniors and adult children with information on senior resources available in Central Minnesota. For details, call the Senior Linkage Line at (800) 333-2433 or visit [www.expoforseniors.com](http://www.expoforseniors.com). Sponsored in part by St. Benedict's Senior Community.

### **Mini law school for caregivers**

Navigate the legal system more effectively as a caregiver. Lawyer Barb Burandt will discuss management of your loved one's financial affairs, medical decisions and preserving family assets from 6:30-8:30 p.m. Aug. 30 at CentraCare Health Plaza. For details, call (320) 229-5139.

### **Help set a world record for healthier kids!**

People of all ages are invited to participate in an attempt to break a Guinness World Record™ for the longest parade of bikes Sept. 25 at Whitney Park in St. Cloud. Enjoy entertainment and the chance to win prizes. This free event is sponsored by BLEND (Better Living: Exercise & Nutrition Daily). For details, contact [rohej@centracare.com](mailto:rohej@centracare.com) or visit [www.blendcentralmn.org](http://www.blendcentralmn.org).



#### **Mission Statement |**

CentraCare Health System works to improve the health of every patient, every day.

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#### **Walk for thought Sept. 25**

The St. Cloud Hospital Inpatient Rehabilitation Unit is proud to partner with the Minnesota Brain Injury Association to sponsor the inaugural Walk for Thought on Sept. 25 at CentraCare Health Plaza. For details, call (800) 669-6442.

#### **Thriving physically with exercise**

Celebrate your strength as a survivor of cancer or other life-threatening, long-term illness from 6:30-8 p.m. Oct. 4 at CentraCare Health Plaza. Free. For details, call (320) 229-5139.